

LGC Calendar of Events

Thank you to our sponsors





Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>7 1st weigh-in Verde Room Time—7a.m.—7p.m.</p>	<p>8 Weigh-in Verde Room Time— 7a.m. –12p.m.</p> <p><u>CHECK YOUR EMAIL</u></p> <p>Welcome to LGC Trevor Faust, CPT, Pn1 Nutrition Coach Party Room B 6:00—7:00p.m.</p>	<p>9 <u>READ LGC FAT-LOSS GUIDE</u></p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>10 <u>READ LGC FAT-LOSS WORKOUTS</u></p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.</p> <p>Go for a 2 mile hike</p>
<p>11 <u>VISUALIZE YOUR SUCCESS</u> Get mentally prepared for your fat-loss journey</p>	<p>12 Week 1 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>13 HITT Cardio</p> <p>Leg s & Calves Workout</p> <p>LGC Seminar Healthy Eating 2015 Nita Marlette, registered dietician. Cottonwood Room 5:30—6:30p.m.</p>	<p>14 Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>15 Tabata Full Body Routine</p> <p>LGC Fat-Loss Guide Explained Trevor Faust, CPT, Pn1 Nutrition Coach Party Room B 6:00—7:00p.m.</p>	<p>16 LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>17 Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.</p>
<p>18 <u>REST VISUALIZE YOUR SUCCESS</u></p>	<p>19 Week 2 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>20 HITT Cardio</p> <p>Leg s & Calves Workout</p> <p>LGC Seminar Exercising Safely Without Injury Join sports medicine physician and orthopedic surgeon Brad Williams, M.D., Ph.D., and Jon Cook, P.T., D.P.T. Cottonwood Room 5:30—6:30p.m.</p>	<p>21 Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>22 Tabata Full Body Routine</p> <p>LGC Fat-Loss Guide Explained Trevor Faust, CPT, Pn1 Nutrition Coach Party Room B 6:00—7:00p.m.</p>	<p>23 LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>24 Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.</p>
<p>25 <u>REST VISUALIZE YOUR SUCCESS</u></p>	<p>26 Week 3 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>27 HITT Cardio</p> <p>Leg s & Calves Workout</p> <p>LGC Seminar Weight Loss Survival Pam Ing-Dobrota, RDN, registered dietitian nutritionist Cottonwood Room 5:30—6:30p.m.</p>	<p>28 Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>29 Tabata Full Body Routine</p> <p>LGC Fat-Loss Guide Explained Trevor Faust, CPT, Pn1 Nutrition Coach Party Room B 6:00—7:00p.m.</p>	<p>30 LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>31 Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.</p>



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>REST VISUALIZE YOUR SUCCESS</p>	<p>2</p> <p>Week 4 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>3</p> <p>HITT Cardio</p> <p>Leg s & Calves Workout</p> <p>LGC Seminar How Being Overweight Affects Your Body</p> <p>Sports medicine physician and orthopedic surgeon Brad Williams, M.D., Ph.D.</p> <p>Cottonwood Room 5:30—6:30p.m.</p>	<p>4</p> <p>Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>5</p> <p>Tabata Full Body Routine</p>	<p>6</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>7</p> <p>Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.</p>
<p>8</p> <p>REST VISUALIZE YOUR SUCCESS</p>	<p>9</p> <p>Week 5 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>10</p> <p>HITT Cardio</p> <p>Leg s & Calves Workout</p>	<p>11</p> <p>Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>12</p> <p>Tabata Full Body Routine</p> <p>LGC Fat-Loss Guide Explained Trevor Faust, CPT, Pn1 Nutrition Coach Party Room B 6:00—7:00p.m.</p>	<p>13</p> <p>GC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>14</p> <p>Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.</p>
<p>15</p> <p>REST VISUALIZE YOUR SUCCESS</p>	<p>16</p> <p>Week 6 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>17</p> <p>HITT Cardio</p> <p>Leg s & Calves Workout</p> <p>LGC Seminar Nutrition Heather Klomparens, Health Educator</p> <p>Cottonwood Room 5:30—6:30p.m.</p>	<p>18</p> <p>Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>19</p> <p>Tabata Full Body Routine</p> <p>LGC Fat-Loss Guide Explained Trevor Faust, CPT, Pn1 Nutrition Coach Party Room B 6:00—7:00p.m.</p>	<p>20</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>21</p> <p>Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.</p>
<p>22</p> <p>REST VISUALIZE YOUR SUCCESS</p>	<p>23</p> <p>Week 7 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>24</p> <p>HITT Cardio</p> <p>Leg s & Calves Workout</p> <p>LGC Seminar Stress Management Carla Hover, Coordinator/Community Health Educator</p> <p>Cottonwood Room 5:30—6:30p.m.</p>	<p>25</p> <p>Weigh-in Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>26</p> <p>Tabata Full Body Routine</p> <p>LGC Fat-Loss Guide Explained Trevor Faust, CPT, Pn1 Nutrition Coach Party Room B 6:00—7:00p.m.</p>	<p>27</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>28</p> <p>Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at 7-8a.m.</p>



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>REST VISUALIZE YOUR SUCCESS</p>	<p>2</p> <p>Week 8 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>3</p> <p>HITT Cardio</p> <p>Leg s & Calves Workout</p> <p>LGC Seminar</p> <p>BAC - The benefits of cycling & biking safety</p> <p>Cottonwood Room 5:30—6:30p.m.</p>	<p>4</p> <p>NO WEIGH-IN THIS WEEK</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>5</p> <p>Tabata Full Body Routine</p> <p>LGC Fat-Loss Guide Explained Trevor Faust, CPT, Pnl Nutrition Coach Party Room B 6:00—7:00p.m.</p>	<p>6</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>7</p> <p>Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at</p>
<p>8</p> <p>REST VISUALIZE YOUR SUCCESS</p>	<p>9</p> <p>Week 9 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>10</p> <p>HITT Cardio</p> <p>Leg s & Calves Workout</p>	<p>11 Weigh-in</p> <p>Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>12</p> <p>Tabata Full Body Routine</p> <p>LGC Fat-Loss Guide Explained Trevor Faust, CPT, Pnl Nutrition Coach Party Room B</p>	<p>13</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>14</p> <p>Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at</p>
<p>15</p> <p>REST VISUALIZE YOUR SUCCESS</p>	<p>16</p> <p>Week 10 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>17</p> <p>HITT Cardio</p> <p>Leg s & Calves Workout</p>	<p>18 Weigh-in</p> <p>Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>19</p> <p>Tabata Full Body Routine</p> <p>Welcome to LGC and LGC Fat-Loss Guide Explained Trevor Faust, CPT, Pnl Nutrition Coach</p>	<p>20</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>21</p> <p>Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at</p>
<p>22</p> <p>REST VISUALIZE YOUR SUCCESS</p>	<p>23</p> <p>Week 11 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>24</p> <p>HITT Cardio</p> <p>Leg s & Calves Workout</p>	<p>25 Weigh-in</p> <p>Party Room B Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>26</p> <p>Tabata Full Body Routine</p> <p>LGC Fat-Loss Guide Explained Trevor Faust, CPT, Pnl Nutrition Coach Party Room B</p>	<p>27</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>28</p> <p>Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen Meet Mike off of Bill Gray Road starting at</p>
<p>29</p> <p>REST VISUALIZE YOUR SUCCESS</p>	<p>30</p> <p>Week 12 Back and Triceps Workout</p> <p>LGC Group exercise with Lori Cottonwood Room 6—7 p.m.</p>	<p>31</p> <p>HITT Cardio</p> <p>Leg s & Calves Workout</p>				

April 2015



Verde Valley Medical Center
Northern Arizona Healthcare



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1</p> <p>Week 12 continued</p> <p>Weigh-in</p> <p>Party Room B</p> <p>Time—7a.m.—10a.m. and 3p.m.—6p.m.</p> <p>Chest and Biceps Workout</p> <p>Walking/Running/Marathon Training with Mike Allen</p> <p>Meet Mike at the Middle School track starting at 5-6p.m.</p>	<p>2</p> <p>Tabata Full Body Routine</p> <p>Welcome to LGC and Q&A with Fitness Supervisor and Personal Trainer Trevor Faust</p> <p>Party Room B</p> <p>6:00—7:00p.m.</p>	<p>3</p> <p>LGC Boot Camp with Jeanie Aerobics Room 6—7p.m.</p>	<p>4</p> <p>Go for a 2 mile hike</p> <p>Or,</p> <p>Walking/Running/ Marathon Training with Mike Allen</p> <p>Meet Mike off of Bill Gray Road starting at 7-8a.m.</p>
<p>5</p> <p>REST</p> <p>VISUALIZE YOUR SUCCESS</p> <p>Sign up for the BMM Run/Walk and get %10 Off!</p>	<p>6</p> <p>Repeat week 12</p> <p>Back and Triceps Workout</p> <p>LGC Group exercise with Lori</p> <p>Cottonwood Room 6—7 p.m.</p>	<p>7</p> <p>HITT Cardio</p> <p>Leg s & Calves Workout</p> <p>Sign up for the BMM Run/Walk and get %10 Off!</p>	<p>8</p> <p>Event— Final weigh-in</p> <p>Cottonwood Room</p> <p>Time—7a.m.—7p.m.</p> <p>Get Your LGC T-Shirt At The Final Weigh-In</p>	<p>10</p> <p>No BMM Run/ Walk</p> <p>Registrations Excepted.</p>	<p>11</p> <p>No BMM Run/Walk</p> <p>Registration Excepted.</p>	<p>12</p> <p>BMM Run/ Walk Race</p> 

